

THE EXTRA VIRGIN OLIVE OIL

Nutritional, therapeutic and culinary aspect

Nutritional

It is the only vegetable oil that it is possible to consume directly virgin and raw.

His caloric value is 9 calories for gram. The same caloric proportion as any another animal or vegetable fat. They contribute energy and it is a heat source.

The virgin olive oil does that the meals are tastier.

Inside the eatable oils it is, undoubtedly, the one that more vitamin E contributes. His content in vitamins A, D and K, completes his vitamin value.

For his content in vitamin E and the antirust effect of this one on the cellular membrane, the virgin olive oil is RECOMMENDED FOR ALL THE AGES AND ESPECIALLY FOR THE INFANCY AND THE THIRD AGE.

Therapeutic

Of the greasy present acids in the vegetable oils, there are two that turn out to be fundamental for the human life:

- The oleic acid, he supposes from 56 to 83 % of the whole of greasy present acids in the virgin olive oil.
- The linoleic acid essential for the organism, also present in the virgin olive oil from 4 to 21 %.

The high contained of oleic acid in the virgin olive oil, it is very beneficial to regulate the cholesterol, doing that increases the good cholesterol (HDL), which exercises a protective role and helps to reduce the bad cholesterol (LDL) and this way there diminishes the risk of arterial thrombosis and of infarction.

The benefits of the virgin olive oil on the organism are:

- Circulatory device: he helps to prevent the arteriosclerosis and his consequences.
- Digestive tract: it improves the functioning of the stomach and the pancreas, the hepato-biliar level and the intestinal level.
- Skin: protective and tonic effect of the epidermis.
- Endocrine System: it improves the metabolic functions.
- Bony system: it stimulates the growth and favors the absorption of the calcium and the mineralization.

The diets rich in virgin olive oil, collaborate with low mortality for infarction of myocardium.

Culinary

Use in raw: The culinary value of the virgin olive oil is very superior to the rest of the oils. It is a juice of fruit that can be consumed directly, which cannot do with any other type of vegetable oil.

His extraordinary smell and flavor, it makes him especially useful for the seasoning and dressing of numerous dishes and salads. For putting a few examples, the salads, seasoned tomato or the sauce vinaigrette would lose his flavor if we use another type of oil.

We emphasize like healthy and nourishing a few good toasts of bread watered with Virgin Extra olive oil. Delicious!

Use in fried food (warm): All fats are damaged in his process of warming; nevertheless, the virgin olive oil suffers minor alteration. The virgin olive oil, after have a temperature of boiling major that the oils of seeds, it allows that the food that submerges in him on having been to different temperature should react forming a creaking layer about the same one, which prevents from absorbing more oil, and allows to retain all the juices of the food. Also the consumption of oil is minor that if we use other oils.

Also we emphasize that, on having absorbed less oil, we add less calories to the food, from what there is minor risk of increase of weight.



上海意隆国际贸易有限公司

SHANGHAI ELITE LONG INTERNATIONAL TRADING CO.,LTD.

地址(Add): 上海市宜山路2016号合川大厦5G

Flats5G,Hechuan Tower, No.2016,Yishan Road,Shanghai,China

电话(Tel): +86(21) 6128 0542 +86(21) 6128 0543

传真(Fax): +86(21) 61280540 邮编(Post code): 201106

网址(Web): www.elite-long.com 电邮(Email): import@elite-long.com



AROLAS AMENGUAL, S.L. (SPAIN)